This introductory Factsheet provides an overview of self-awareness, the benefits of being self-aware, how to develop your self-awareness and a brief summary. Self-awareness, or self-knowledge is about understanding your own needs, strengths, failings, habits, values, beliefs and everything else that makes you tick. The more you know about yourself, the better you are at adapting to changing circumstances and other people. You’ll also understand why you do the things you do, therefore you have a foundation to improve on those things. Knowing yourself is vitally important, but can become meaningless if we don’t make changes and improve ourselves as a result of this knowledge.

**Introduction**

**SELF-AWARENESS**

The benefits of developing self-awareness includes:

**The benefits of self-awareness**

* Understanding why we are feeling the way that we do;
* Understand how our emotions/feelings impact our thoughts, actions and what we say;
* Understand how the above will therefore affect our performance;
* Be guided in how we feel by our personal values;
* Change how we feel to improve our performance
* Giving you greater control over how you respond to others, deal with stress, conflict and other challenges you face
* Better understanding of other people and why they do what they do;
* It is the first step in creating what you want in your life
* Controlled Impulsiveness
* Greater self-confidence
* Happier, more positive & better decision making

**How to develop self-awareness**

Firstly, become aware that you may not be as self-aware as you initially perceive. Signs of this include: talk too much or inappropriately, deny we need to change (we all do!), others think I am aggressive, to controlling, getting defensive quickly, inconsistent behaviour, exaggerating, making a lot of excuses or blaming others a lot. Developing self-awareness is like a dance, the more in-tune you become with the sound, movement and other person the better your dance, but it takes time, so does nurturing your self-awareness.

Take time once a week (at least) to reflect on things like comparing your current behaviour with your internal standards, beliefs and values, your strengths, weaknesses, opportunities in the near future, examining how in-balance your life is, what thoughts, emotions and feelings you’ve experienced recently, your beliefs and values and do they serve you well right now, the things you do and say, your assumption and biases, the mistakes you’ve made and what you can learn from them, how confident you are and is it genuine.

Consider writing a weekly journal to answer and record the above, and seeking regular feedback from other people either formally with a 360-degree assessment or informally by asking.

Do a personal SWOT analysis (strengths, weaknesses, opportunities, threats), write your values and standards you set yourself and reflect on how you act/behave compared to those standards/values.

Do a ‘wheel of life’ to assess how ‘in balance your life is then decide the things you are going to do more of and less of to create more balance in your life.

**Summary**

Building self-awareness is a life-long effort. You’re never “done”, but it is a solid foundation to your future success, happiness and fulfilment.

Our facebook group.

Ignite: Find Your Passion, Live Your Purpose & Re-Write Your Future

<https://www.facebook.com/groups/216645969611627>